

Leek cream soup

Savoury

level

 1

 25 min



Ingredients

200 ml	Fresubin 2 kcal DRINK Neutral
150 g	leek, ready-to-cook
100 ml	meat stock
10 g	wheat flour (1 teaspoon)
30 ml	cream (30 % fat) (3 teaspoons)
	salt, white pepper, garlic

Nutritional information per serving:

Energy	671 kcal
Protein.....	25.7 g
Fat	42.4 g
Carbohydrate....	58.4 g
Fibre.....	0.0 g



Alternative products:
Fresubin® Energy DRINK

Preparation

Sauté the finely chopped leek in the butter. Add the meat stock, Fresubin 2 kcal DRINK Neutral and the cream to the leek and heat.

Add the flour which was mixed thoroughly beforehand with 1/4 of the meat stock.

Allow to simmer briefly under stirring and season.

TIP:

To make the soup more savoury, you can add briefly seared minced meat to the soup.